Degree concentrations offered through the Department of Kinesiology:

- Applied Exercise Science
- Clinical Exercise Science
- Kinesiology-Generalist
- Physical Education Teacher Education (PETE)
The Bachelor of Science in kinesiology at Sam Houston State University is designed to advance your understanding of the relationships among movement, exercise, and skill that occur in the contexts of development, learning, rehabilitation, and personal training. The curriculum integrates the physiological, biomechanical, pedagogical, and psycho-social bases of movement. You will finish the program with strong theoretical and problem solving skills based on a comprehensive knowledge of movement and exercise science.

The program offers four areas of concentration. The applied exercise science concentration, which is the pre-occupational therapy degree, will prepare you for a career in commercial fitness. The clinical exercise science concentration focuses on clinical and research settings. This is the degree for pre-physical therapy, chiropractic, or occupational therapy. Physical Education Teacher Education (PETE) is available for students interested in teaching at the Pre-K through 12th grade level in the state of Texas. The generalist degree will prepare students to enter the profession of kinesiology in work sites, recreational facilities, and educational environments.

Students are required to select one of the available concentrations.

Minor Students in either exercise science concentration are not required to have a minor. PETE students are required to minor in secondary education and are highly encouraged to choose a second minor in another teaching field. Students in the generalist concentration must choose a minor.

Once accepted, students may apply for relevant scholarships by completing the Scholarships4Kats online application. Transfer scholarships are available for students who would like to continue their academic career at Sam Houston State University.

Students pursuing either clinical or applied exercise science complete a professionally-supervised 6-credit, 400-hour internship choosing from a variety of settings such as corporate, community, hospitals, and clinics.

Students pursuing PETE will participate in methods and student teaching.